



Community Resource Guide

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Contact Health Promotion at 737-5677 (050-3337-5677)

with updates and corrections

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external links are for informational purposes only; endorsement not implied

Instructions on how to call phone numbers in USAG-Humphreys Korea

CALLING DSN NUMBERS FROM STATE SIDE

- *To call Korea from the US: 011-82 + area code minus '0' number*
 - o *011-82-31-619-XXXX (for a 754 prefix)*
 - o *011-82-31-690-XXXX (for a 753 prefix)*
- *USFK information from the U.S. (commercial): 011-82-2-7913-1110 or 1113*
- *The area code is not needed for local calls, unless using a cell phone.*
- *To call a commercial number from a DSN line, first dial '99'.*
- *Do NOT accept collect calls on a DSN line.*

CALLING DSN NUMBERS IN KOREA

- To dial a DSN number from a civilian phone

FOR DSN 753 PREFIX dial 0503-353-XXXX or 031-690-XXXX

FOR DSN 754 PREFIX dial 0503-354-XXXX or 031-619-XXXX

- To dial an Air Force Installation you must dial a civilian prefix

Kunsan AB dial 063-470-XXXX, Osan AB dial 031-661-XXX, Suwon AB dial 031-220-XXXX

Emergency Contact Number:-FOR FIRE AND EMERGENCIES DIAL 911 (DSN only) or 031-690-7911 from a cell phone. PROGRAM THIS NUMBER INTO YOUR CELL PHONE FOR IMMEDIATE ACCESS TO ON POST EMERGENCY RESPONSE!

Korean Fire/ Ambulance dial 119.

Korean Police dial 110.

Sexual Harassment /Assault Response and Prevention:

- Sexual Assault Hotline On Post 158
- Sexual Assault Hotline cell 0503-363-5700
- Safe Help Line (Commercial): 1-877-995-5247 ([24/7 DoD Safe Help Line](https://www.dodsafehelpline.org))
- Online Chat option: www.safehelpline.org
- Texting option: *55-247 or 202-470-5546 (outside the U.S.)
- Calling from the US: 011-82-503-363-5700

Domestic Violence:

- Spouse and Child Abuse Hotline: On Post from a DSN dial 101; From cell dial 031-690-7101
- Family Advocacy Victim Advocate: On Post from a DSN dial 153; from cell dial 0503-364-5997
- Child Abuse and Domestic Abuse ([Military OneSource](https://www.militaryonesource.com)) 800-799-SAFE (7233)

Suicide:

- Suicide Crisis Numbers (Korea-wide): 118 from DSN, 0808-555-118 from cell.
- Suicide Prevention (On-Duty Chaplain): Call 010-9496-7445.
- [Suicide Prevention \(Army Program 24 hours \)](#): Call 800-273-8255 (TALK): Ext. 1
- [Army G-1 Suicide Prevention Program](#):
- Suicide Prevention Coordinator: 753-6979; 050-3353-6979

[**USAG Humphreys Facebook**](#)

[**USAG Humphreys Flickr Photos**](#)

[**USAG Humphreys Garrison Resources**](#)

[**USAG Humphreys Phonebook**](#)

[**USAG Humphreys Military One Source**](#)

[**USAG Humphreys Unit POC**](#)

[**USAG Humphreys Weather**](#)

[**USAG Humphreys Website**](#)

[**USAG Humphreys YouTube**](#)

[**U.S. Embassy Seoul**](#)

- [U.S. Embassy Seoul \(Facebook\)](#)

[**United States Forces Korea**](#)

[**Eighth Army**](#)

[**65th Medical Brigade US Army MEDDAC-Korea**](#)

[**2nd Infantry Division \(2ID\)**](#)

A to Z Resources

[*Air Quality \(Pyeongtaek\)*](#)

[*Alcoholics Anonymous meetings in Pyeongtaek*](#)

[*All Army Sports*](#)

[*Army Family Readiness Group \(FRG\)*](#)

[*Army Health News*](#)

[*Army Lodging*](#)

[*Army.mil*](#)

- [*Army.mil \(Facebook\)*](#)

[*Armymedicine.mil*](#)

- [*Armymedicine \(Facebook\)*](#)

[*Army Community Services \(ACS\) Camp Humphreys*](#): 753-8401/8804;
050-3353-8401/8804

- [*Suwon ACS*](#): Bldg. 2200, 788-5024; 050-3388-5024; TTY 788-4880
- [*Army Family Action Plan \(AFAP\)*](#): 753-3266; 050-3353-3266
- [*Army Family Team Building \(AFTB\)*](#): 753-7439 ; 050-3353-7439
- [*Army Volunteer Corps \(ACS\)*](#): 753-3266; 0505-3353-3266
New Volunteer Orientation
Volunteer Advisory Council
Volunteer Professional Development
- [*Education and Training*](#)
Domestic Violence
Dating Violence
Workplace Violence
Anger Management
Stress Management
Child Safety
Child abuse, Prevention and Awareness
Customized Training

- [*Employment Readiness Program \(ACS\): 753-8321; 050-3353-8321*](#)
 - Job postings*
 - Computers, Copy & Scanner machine*
 - Resource Library*
 - Career Coaching (One-on-One Services)*
 - Army Spouse Employment Partnership Program*
 - Free Job Search Skills Workshops & Hiring/Job Fairs*
 - Small & Home-Based Business Counseling*
 - Attire for Hire*
 - Free Job Skills Classes:*
 - Writing a Winning Résumé*
 - Creating Connections for Job Search Success: Networking to Get Working*
 - Ten Steps to a Federal Job (Basic and Advanced)*
 - Ace Your Next Job Interview!*
 - Career Exploration & Planning*
 - Jumpstart Your Job Search*
 - How to Mobilize Your Home Business*
- [*Exceptional Family Member Program: \(EFMP\) 753-6277; 050-3373-6277*](#)
 - Advocacy*
 - Respite Care*
 - Medical Services*
 - Special Needs Accommodations Process (SNAP)*
 - EFMP Events*
 - A-Z Special Needs Support Group*
 - Recreational Events*
 - Workshops*
- [*Family Advocacy \(ACS\): 753-3742/6252; 050-3353-3742/6252*](#)
 - Victim Advocacy Support Services*
 - Mandatory Annual Domestic Violence, Child Abuse Awareness and Detection, (IAW AR 608-18 and 600-20 Chapter 8) training*
 - Emergency Child Care (FAP can provide short-term child care on a case-by-case basis)*
 - Child Safety and Education*
 - Stress Management*
 - Anger Management*
 - Support Groups*
 - Home Visitor*
 - Parenting Education*
 - Life Skills Workshops*
 - Marriage Enrichment*
- [*Family Readiness Group Training \(ACS\): 753-6522/8321; 050-3353-6522/8321*](#)

- [*Financial Readiness*](#) (ACS): 753-8403/6761; 050-3353-8403/6761
Confidential Budget Counseling
Consumer Affairs
Debt Management Services
Family Supplemental Subsistence Allowance (FSSA)
Deals on Wheels
Coupon Clues
Credit Repair
Debt Management
Dinner on a Dime
Financial Readiness 1st Term (AR 608-1 4-39)
ID Theft Protection
Banking and Money Management
Planning & Budgeting
Savings, Investments and TSP
Stretching Your Dollars
- [*Information , Referral, and Follow-Up*](#) (ACS): 753-8401; 050-3353-8401
Fax/Copier/DSN phone line
Computers with Internet and printer capability (no USB drive access)
ACS Overview Briefings
ACS Information Tables
ACS Open Houses
ACS Monthly Calendar
E-mail Distribution of ACS Calendar of Events
Area and Installation Maps
- [*Korean Head Start Program*](#) (753-6901)
- [*Mandatory Annual Training*](#) (ACS)
Child Abuse Detection and Awareness Training (AR 608-18) (Min. 1 hour)
Domestic Violence Awareness Training (AR 608-18) (Min.1 hour)
- [*Mobilization & Deployment*](#) (ACS): 753-7439; 050-3353-7439

[*New Parent Support Program*](#) (ACS) 753-6287 (050-3353-6287)

Playgroups
Home Visits
Hospital Visit
Expectant Parent Information and Referral Service
Expectant Sibling
FAP Classes: Baby Care 101- New Parent Classes (0 – 1 year of age).
Child Health and Safety Issues
Home Safety: Child-proofing your home. Available upon request.

- [*Relocation Readiness Program \(ACS\): 753-8804/8318 ; 050-3353-8804/8318*](#)
Department of Homeland Security Citizenship Immigration Service
Hearts Apart Empowerment Group
Lending Closet
Multi-Cultural Outreach
Pets and PCSing
Pre- and Post-Move Counseling
Relocation Packet Request
Smooth Move
Spouse Sponsorship
- [*Smart Start Transportation Class*](#)
- [*Survivor Outreach Services \(ACS\): 753-3103; 050-3353-3103*](#)
- [*Volunteer Recognition*](#)

[*American Red Cross Camp Humphreys\(Facebook\): 753-7172; 050-3353-7172; Bldg.584. Emergency Call Center: 1-877-272-7337*](#)

- CPR/First Aid
- Disaster Assistance
- Emergency Communication Messages
- Volunteer Program Red Cross

[*Animal Rescue Korea*](#)

[*Animal Shelter: Homeward Bound, Osan \(Facebook\)*](#)

[*Armed Forces Network \(AFN\)*](#)

- [*AFN Pacific Satellite Channels and Programming \(off-post\)*](#)
- [*AFN Osan*](#)
- [*AFN Osan Facebook*](#)

[*Army Substance Abuse Program \(ASAP\) Camp Humphreys: 753-7366; 050-3353-7366; Bldg. S-572*](#)

- [*Alcohol and Drug Abuse Prevention \(ADAP\)*](#)
- [*Awareness Campaigns*](#)
- [*Drug Testing*](#)
- [*Employee Assistance Program \(EAP\)*](#)
- [*Prevention Education \(Drug and Alcohol\)*](#)
- [*Rehabilitation Program \(Drug and Alcohol\)*](#)
- [*Unit Prevention Leader Certification*](#)

[*Army Times \(online\)*](#)

[Army Times \(Facebook\)](#)

[Arts and Craft Shop Camp Humphreys](#)

[Auto Skills Center Camp Humphreys](#)

[Baby Sitting / Pet Sitting Humphreys and Osan \(Facebook\)](#)

[Better Opportunity for Single Soldiers \(BOSS\) Camp Humphreys:](#)

- [Tours/Events](#)
- [Volunteer Program](#)
- [Facebook](#)

[Cable TV Camp Humphreys](#)

[Chaplains](#)

[Child and Youth Behavioral Counseling Camp Humphreys](#)

[Child Youth and School Services \(CYSS\) Camp Humphreys:](#)

- [Army School Support Services](#)
- [Babysitter Training](#)
- [Child Care: Child Development Center \(CDC\)](#)
- [Child Care Eligibility, Wait List, Enrollment](#)
- [Child Youth and School Services \(CYSS\) on Facebook](#)
- [Humphreys CYSS Teens on Facebook:](#)
- [Family Child Care Homes](#)
- [Game Nights at the School Age Center Gymnasium](#)
- [Parent and Outreach Services](#)
- [Parent Central](#)
- [School Age Center \(SAS\)](#)
- [SKIES Unlimited](#)
- [Youth Center](#)
- [Youth Sponsorship Program](#)
- [Youth Sports and Fitness Programs](#)
- [Youth Center](#)
- [4-H Clubs:](#)

[Civilian Personnel Advisory Center \(CPAC\) Camp Humphreys Bldg. 583](#)

- [Director 753-8762; 050-3353-8762](#)

- Personnel Services Branch (PSB) Chief: 753-7797; 050-3353-7797
- Korean LMER 753-8761; 050-3353-8761
- U.S. LMER 753-8763; 050-3353-8763

Command Sponsorship (8th Army) Information

- Command Sponsorship VS Non Command Sponsorship Benefits Comparison
- Sponsorship Information

Commissary Camp Humphreys

Community Activity Center (CAC) Camp Humphreys

Community Bank Camp Humphreys

Community Health Promotion Council Camp Humphreys

Daegu Garrison

Department of Defense Education Activity (DoDEA):

- Humphreys Central Elementary School:
- Humphreys High School:
- Osan American High School:

Other:

- Home School Group on Facebook
- School Liaison Officer:

Department of Human Resources (DHR) Camp Humphreys:

- Army Career and Alumni Program (ACAP): 753-8605; 050-3353-8605
- Army Substance Abuse Programs (ASAP): 753-7366; 050-3353-7366
- Education Services: 753-8901/8905; 050-3353-8901/8905
- ID Cards: 753-6759; 050-3353-6759
- Human Resources: 753-8618; 050-3353-8618
- Military Personnel Division: 753-7598; 050-3353-7598
- Out-processing: 753-7503; 050-3353-7503
- Official Mail Distribution Center: 753-8176; 050-3353-8176
- Records Management: 753-5786; 050-3353-5786
- Retirement Services: 730-4133/3872; 050-3330-4133/3872
- Transition Services: 753-8839; 050-3353-8839

Digital Training Facility Camp Humphreys

Dragon Hill Lodge

Educational and Developmental Intervention Services (EDIS) Camp Humphreys

Education Center Camp Humphreys 753-8901; 050-3353-8901

Emergency Services (DES) Camp Humphreys:

- Emergency Services
- Security
- Fire(non-emergency):753-6175; 050-3353-6175
- Military Police (non-emergency): 753-3111/3112; 050-3353-3111/3112
- Pass & ID: 753-6600/8172; 050-3353-6600/8172
- Vehicle Registration/DBIDS: (SOFA): 753-6609/5931; 050-3353-6609/5931
- Visitor Escorted Pass

Environmental Services Camp Humphreys: 753-7090; 050-3353-7090

- Asbestos
- Cultural Resource Management:
- Energy Management:
- Drinking Water Management:
- Hazardous Waste:
- Natural Resource Management:
- Spill Response

Equal Employment Opportunity (EEO Camp) Camp Humphreys:

- Director: 753-6753
- Specialist: 753-648
- Advisor: 753-6257

Exchange Camp Humphreys:

- AFH Express
- Beauty Shop
- Barber Shop
- Bicycle Shop
- Clothing Shop
- Computer Shop
- Concessions
- Diamond Water
- Embroidery Shop
- Engraving
- Exchange Restaurants
- Gas Station
- Gift Shop
- GNC
- Hertz Car

- *Korea Telcom*
- *Krispy Kreme*
- *Laundry/Dry Clean*
- *LG Uplus*
- *Main Exchange*
- *Military Clothing*
- *[Military Car Sales](#)*
- *Optical Shop*
- *Photo Shop*
- *Shoe Shop*
- *Starbucks*
- *Tailor Shop*
- *Watch Shop*

Federal Voting Assistance Program

Fitness / Sports / Health / Nutrition / Recreation:

- *Army Body Composition Weight Management Class*
- *Augusta West Miniature Golf Course*
- *Body fat Testing and Recommendations*
- *Bowling*
- *Bicycle Shop*
- *Camp Humphreys All Mountain Riders*
- *Camp Humphreys Cycling and Multi-Sport (Facebook):*
- *Community Fitness Center (Super Gym)*
- *Climbing in Korea (Hiking Group)*
- *CrossFit (Facebook)*
- *Functional Fitness Training*
- *Fitness Annex*
- *Fitness Class Schedule*
- *Golf (The Lakes at Osan Golf Course)*
- *Hapkido Class*
- *Humphreys Hiking/Biking Hillbilly's Hooligans (Facebook)*
- *Humphreys Hurricanes Swim Team (Facebook)*
- *Humphreys Road Runners Youth Running Club (Facebook)*
- *Humphreys Runners (Facebook)*
- *Introduction to Weight Training*
- *Fitness & Aerobics Class Schedule*
- *Laser Tag*
- *MP Hill Gym*
- *Nutrition Clinic*
- *Operation Supplement Safety (OPSS)*
- *Operation Supplement Safety (Facebook)*
- *Osan Humphreys Roller Derby (Facebook)*

- [*Outdoor Recreation \(Hiking, Fishing, Festivals Extreme Sports Rental Equipment, Camping Gear, Ski and Snowboard Services Garden Plots, Warrior Adventure Quest\)*](#)
- [*Park Recreation/Reservation*](#)
- [*Pregnancy Post-Partum Physical Training \(PPPT\)*](#)
- [*Pool- Community Fitness Center \(Super Gym\)*](#)
- [*Pool- Community Activity Center*](#)
- [*Rock Climbing \(Indoor\)*](#)
- [*Roller Derby*](#)
- [*Run to AK Plaza*](#)
- [*Run/Triathlon Schedule for 2015 on Camp Humphreys*](#)
- [*Seoul Flyers Running Club; Seoul Flyers Facebook*](#)
- [*Splash & Splash Water Park*](#)
- [*Super Gym*](#)
- [*Tobacco Cessation*](#)
- [*Trail Running Korea*](#)
- [*Unit Wellness Training*](#)
- [*Youth Sports*](#)
- [*Zoeckler Fitness Center*](#)

Flea Markets on Facebook:

- [*Camp Humphreys Buy and Sell*](#)
- [*Flea Market \(USAG Humphreys\)*](#)
- [*Osan Flea Market*](#)
- [*Buy and Sell Osan*](#)

Food Handlers Course:

Food/Restaurants (FMWR) Camp Humphreys

- [*Alaska Mining Company*](#)
- [*Catering*](#)
- [*Flightline Bar and Grill*](#)
- [*Gateway*](#)
- [*LeCAC Cafe*](#)

Other:

- [*Exchange Restaurants*](#)
- [*Katusa Snack Bar \(Zoeckler\) 031-652-9586*](#)

Global Assessment Tool (GAT)

Home Businesses (Camp Humphreys Facebook)

Hospitals:

- ***Brian Allgood Army Community Hospital***
[Brian Allgood Army Community Hospital \(Facebook\)](#)
- ***Host Nation Network Hospitals in Area III***
Ajou University Hospital
DanKook University Hospital
Good Morning Hospital
Hallym University Medical Center
St. Vincent's Hospital
- ***Osan Air Base 51st Medical Group***
Central Appointments: 784-3627 (DOCS) Off Base/Cell 031-661-3627

Humphreys Living Facebook Page

Humphreys Lodge

Humphreys Wives/Spouses Group (Facebook)

Industrial Hygiene Camp Humphreys

Interactive Customer Evaluation (ICE)

Legal/Office JAG Camp Humphreys Bldg. S-578

- *Legal Advice*
- *Power of Attorney*
- *Affidavit*
- *Notarization Services*
- *Certified Copies*
- *Claims*

Library Camp Humphreys:

- *[Log in, suggest a purchase, Transparent Language Online](#)*

Medical Services USAG Humphreys:

- *65th Medical Brigade*
- *After Hours Medical Advice Line 050-3337-1098 or 02-7917-1098*
- *Appointment Line*
- *Army Health Clinic*
- *ArmyMOVE Weight Loss Class*
- *Audiology*
- *Behavior Health Clinic*

- *Birth Control Options*
- *Blood Pressure Check- 5 Day*
- *Blood Pressure Screening*
- *Body Composition Assessment*
- *Counseling: Behavioral Health Clinic*
- *Dental Clinic*
- *Dental Clinics (Off post Tricare Preferred Providers)*
- *Dietician*
- *Domestic Violence (Social Work Services)*
- *Educational and Development Intervention Services (EDIS)*
- *Eye Care*
- *Humphreys Health (Facebook)*
- *Immunizations Clinic*
- *Laboratory Services*
- *Marriage and Family Therapy*
- *Military Health (Facebook)*
- *Nurse Case Manager*
- *Nutrition Individual Appointments*
- *Occupational Health*
- *Optometry*
- *Patient Advocate (65th Medical Brigade)*
- *Patient Representative (Camp Humphreys Health Clinic)*
- *Patient Centered Medical Home (PCMH) Humphreys Health Clinic*
- *Patient Rights and Responsibilities*
- *Pediatrics*
- *Pharmacy*
- *Pharmacy Refills*
- *Physical Exams*
- *Physical Therapy*
- *Public Health Nurse*
- *Radiology*
- *RelayHealth*
- *Sleep Workshop*
- *Social Work Services*
- *Tobacco Cessation*
Quit Tobacco- Make Everyone Proud (Facebook)
Ucanquit2.org
- *Travel Clinic*
- *Tricare*
- *Tricare Courtesy Van*
- *Tricare Online*
- *Weight Loss*
- *Well Baby Appointments*

[Military and Family Life Consultants](#) (MFLC) Camp Humphreys

[Military OneSource](#)

[Motor Vehicles Camp Humphreys:](#)

- [Driver's License Testing](#)
- [Vehicle Registration](#)
- [New Vehicle Purchase](#)
- [Shipping a Vehicle](#)
- [Selling a Vehicle](#)
- [SOFA Registration](#)
- [Non-SOFA Registration](#)
- [Inspection](#)

[Movies- AK Plaza \(Gyeong-gi Province\)](#)

[Movie Theater Camp Humphreys](#)

[Navy Federal Camp Humphreys](#)

[Newcomers Information Camp Humphreys](#)

[NonCombative Evacuation Operations \(NEO\)](#)

[Osan Air Base](#)

[Pack N Wrap Camp Humphreys](#)

[Passport Office Camp Humphreys:](#)

[Photo Shop Camp Humphreys](#)

[Photography Class Camp Humphreys](#)

[Plan My Move](#)

[Post Office Camp Humphreys](#)

[Private Organizations](#)

[Public Affairs Office \(PAO\)](#)

Public Works (DPW):

- *Housing*
- *Operations and Maintenance Division*
- *Business Operations and Integration Division*
- *Master Planning Division*
- *Engineering Division*
- *Environmental Division*

Ration Control (website)

Readiness and Resiliency Campaign:

- *ArmyFit*
- *Comprehensive Soldier Fitness*
- *Comprehensive Soldier and Family Fitness Facebook*
- *Global Assessment Tool 2.0 (GAT)*
- *Human Performance Resource Center (Facebook)*
- *Performance Triad (armymedicine.mil)*
- *Performance Triad(65th Medical Brigade)*
- *Performance Triad Leaders Guide*
- *Performance Triad Soldiers Guide*
- *Performance Triad Training Sessions*
- *Ready and Resilient*
- *Soldier Leader Risk Reduction Tool-Korea (SLRRT-K)*

Red Cloud Garrison:

Religious Activities and Support Office (RSO): 754-7275; 050-3354-7275

- *Camp Humphreys Faith Community Facebook*
- *Chapel (Freedom):*
- *Chaplain:*
- *Chaplain- On-Call Duty*
- *Counseling: Chaplains*
- *Humphreys Protestant Women of the Chapel Facebook*
- *Institutional Ministry*
- *Pastoral Care*
- *Unit Ministry Team*

Safety:

- *Current Post Status (See the Humphreys Garrison Facebook page for the most updated information)*
- *Safety Office:*
- *USACR/ Safety Center Home Page*
- *Yellow Sand Level:*

Schools

Scouts: Bldg. S-1131

- *Boy Scouts:*
- *Cub Scouts:*
- *Girl Scouts:*

Sexual Harassment/Assault Response and Prevention (SHARP) 753-8444/7623

- *Peer-2-Peer Program*

Stars and Stripes Korea

Stars and Stripes Pacific

Tax Service

Taxi Services (AAFES on Humphreys) 753-3414/3415 (050-3353-3414)

Telephone Alert System

Telephone Calls (How to Make)

Thrift Shop (Painted Door):

- *Facebook:*

Tours/Events Outdoor Recreation: Tour

Tours: Koridoor located in the USO

Transportation/Travel Services:

- *Air Mobility Command (AMC):*
- *Airport Shuttle Schedule (from Pyeongtaek Bus Station):*
- *Bus Transportation (Inter-post):*
- *Commercial Travel Office (CTO):*
- *Driver Training, Testing, and Licensing*
- *Korean Railroad (KORAIL):*
- *Osan Passenger Terminal:*
- *Passport Services*
- *Patriot Express:*
- *Space Available Flight Schedule- Osan Passenger Terminal*
- *Space Available Guidelines, USFK*

- [Taxi Services](#)
- [USA Travel Office \(CTO\)](#)

[Trips With Pets Airline Pet Policies](#)

[Troops for Trash](#)

[United Club Camp Humphreys \(Facebook\)](#)

[USAG Humphreys Family and MWR](#)

- [USAG Humphreys Family and MWR \(Facebook\)](#)

[USAJobs](#)

[USO](#): 753-6281; 050-3353-6281

- [Java Buzz Donut Drop](#):
- [Lunch Box](#):
- [Tours/Events KoriDoor](#)
- [United Through Reading](#)
- [Humphreys USO \(Facebook\)](#):

[Veterinary Clinic- Humphreys: 050-3353-7038](#)

[Veterinary Clinics \(Off-Post\)](#):

[Veterinary Clinic \(24 hour emergency\)](#)

[Warrior Adventure Quest](#)

[Where to Eat in South Korea \(Facebook\)](#)

[WIC Overseas \(Bldg. 577\)](#): 753-6909; 050-3353-6909

[Worksite Ergonomics](#)

[Yongsan Garrison](#)

ArmyFit: ArmyFit™ is CSF2's online training environment for Soldiers, Family members and Army Civilians. After completion of the Global Assessment Tool (GAT) 2.0, users are placed in the ArmyFit™ environment and are provided with tailored videos, information and people/organizations to follow based on their GAT 2.0 scores.

Army Body Composition Weight Management Class: Classes are held approximately twice per month at the Super Gym Conference Room. This class meets the nutrition counseling requirement for Soldiers enrolled in the Army Body Composition Program. No appointment is required. Call 737-5780 or email christina.l.lewis.civ@mail.mil for class schedule.

Audiology Clinic: Evaluation of hearing sensitivity and detection of hearing loss at various frequencies of sound. Active duty Soldier Walk in Services: Mon, Tues, Wed 0800-1200, Thurs 1300-1600. Call 737-5681(050-3337-5681). Located in the Army Health Clinic, Bldg. 555.

Babysitting: Find a reliable, qualified teen baby sitter in the community. Call Parent & Outreach Services at 753-8274/3413 (050-3353-8274/3413). Located in Bldg. S-570. On Facebook: <https://www.facebook.com/groups/293387083147/doc/10150193363488148#!/groups/334516089948323/>

Behavior Health Clinic: Behavioral Health provides confidential counseling and mental health services by qualified and licensed professionals. Post-traumatic stress disorder (PTSD), anger control, stress management, depression, adolescent issues, relationship issues, suicide ideation, and more. Walk-in or schedule an appointment 737-5668 (050-3337-5668). Located in the Bldg.370 directly across from the Health Clinic.

Birth Control Options: Several birth control options are available. Schedule an appointment with your health care provider or the [Public Health Nurse](#) to discuss the best one for you. Call the Medical Appointment Line at 737- CARE (2273). 050-3337-2273.

Blood Pressure Checks- 5 Day: Walk in blood pressure checks. Five- day check recommended. Walk-in only. Army Health Clinic Bldg. 555. .

Blood Pressure Screening: Community health screening to include assessment of blood pressure, prevention education, and referral. Call for appointment or schedule. 737-5677 (050-3337-5677): Health Promotion Army Health Clinic, Bldg. 555. .

Body Composition Assessment (Unofficial): Analysis of body composition using bioelectrical impedance or skin fold caliper. Determine your body fat % and projected ideal weight. Call for appointment. 737-5677 (050-3337-5677). Health Promotion Army Health Clinic, Bldg. 555 or the Fitness Annex at 753-5602 (050-3353-5602).

Bowling Center (Strike Zone): Closed during the transformation. Contact the [MiG Alleys Bowling Center on Osan](#) for information on leagues, tournaments, and other bowling activities.

Boy Scouts: Provides boys the opportunity to build character, responsibility, and lifelong values. Boys age 11-17 years old. Annual fee: Adult: \$28; Youth: \$28 plus \$2.00 weekly. Meets on Tuesdays at 1600-1700 in Bldg. S-1130. Contact BSTroop203@gmail.com.

Bus Transportation (Inter-post): New Kyongdong bus service to Osan and Youngsan. Call 753-7354.

Chapel (Freedom): Open Mon-Fri from 0800-1700. Call 753-3086.

Chaplains: Each Battalion, Brigade, and Garrison has a Chaplain and Chaplain Assistant to promote spiritual, relational, and moral well-being. Bldg. S-1223.

Garrison Command Chaplain.....754-7274 (050-3354-7275)
Deputy Garrison Chaplain.....754-7042 (050-3354-7042)
2CAB Chaplain.....753-6026 (050-3353-6026)
3-2 GSAB Chaplain.....753-3648 (050-3353-3648)
4-2 ATAK AVN BN Chaplain.....753-7523 (050-3353-7523)
602 ASB Chaplain.....753-7881(050-3353-7881)
3 MI Chaplain.....753-6015 (050-3353-6015)
532 MI BN Chaplain.....753-8563 (050-3353-8563)
194 CSSB BN Chaplain.....753-6862 (050-3353-6862)

Chaplain- On Call Duty: For after-hour and weekend emergency spiritual guidance or counseling. Call 010-9496-7445.

Children and Youth Behavioral Counseling: Non-medical, confidential short-term situational counseling provided by Military & Family Life Consultants (MFLC). Topics include anger management, relationships, parenting, stress, separation, and more. Call Child & Youth MFLC at 010-2891-9281 for appointment.

Child and Youth Behavioral Counseling: Call the Behavioral Health Clinic at 737-0508 (050-3337-0508) to schedule an appointment.

Community Health Promotion Council: Supports overall unit readiness and organizational performance of installation personnel at tactical, operational, and strategic levels. Commanders and agency representatives attend. Call Health Promotion at 737-5677 (050-3337-5677) for meeting times and dates.

Counseling: Behavioral Health Clinic: Confidential advice for any number of problems or pressures you may be troubled with such as depression, anger. Walk-ins welcome or schedule an appointment by calling 737-0508 (0505-3337-0508). Located in Bldg. 370 across from the Health Clinic.

Counseling: Chaplain: Visitation, Confidential Counseling, Care to casualties and Caregivers, Religious Support to Survivors, Critical Events Debriefings. Call your unit Chaplain or the Garrison Chaplain at 754-7275 (050-3354-7275) for appointment or the **On Duty Chaplain** available 24 hours at 010-9496-7445. Bldg. S-1223.

Counseling: Military & Family Life Consultants (MFLC): Non-medical, confidential short-term situational counseling. Topics include anger management, relationships, parenting, stress, separation, and more. Call 010-8693-9926 (non 2CAB Soldiers and Family members) for appointment or 010-8690-4138 for 2 CAB Soldiers and Family members. Army Community Service (ACS) Building 311.

Cub Scouts: Boys in 1st -5th grade are provided the opportunity to "learn by doing" by participating in various activities. Annual fee: Adult: \$65; Youth: \$15. Weekly meetings. For information contact: humphreyscubscouts@gmail.com

Dental Clinic: Routine dental exams, cleanings, and other related services. Active Duty Soldiers, Pediatric Family members; Other ID card holders Emergency care only. Non Tricare will be billed. Call 737-5741 (050-3337-5741) for appointments: Army Health Clinic Bldg. 555, 2F.

Dietician: Nutrition counseling by a registered dietician. Call 737-5780 to schedule an appointment.

Photography Class: Call the [Community Activity Center \(CAC\)](#) for schedule information at 753-8825 (050-3353-8825). Offered the 2nd Sat of the month 1000-1530. 30 seat limit.

Digital Training Facility: Computer based Individual or group training, job or skill development. 8th Army G3-TSAK DTF Operations 753-7536 (050-3353-7536); Facility Manager 753-7558 (050-3353-7558) Army Distributed Learning System, Bldg. 302;

Distance Running/Racing: Information about training, from 2 miles to the marathon, entering Korean distance races. Call Health Promotion 737-5677 (050-3337-5677); Army Health Clinic Bldg. 555. [Humphreys Runners](#); [Seoul Flyers Running Club](#).

Drinking Water Management: If your tap water is suspected to be contaminated or you have any other water quality concerns contact the USAH Humphreys Water Lab 753-6186 (050-3353-6186).

Driver Training, Testing and Licensing Program: Fulfill the requirements for driving government or privately owned vehicles on post and in Korea. Bus driver training and Learner's permit also available. Call 753-6644/6645 (050-3353-6644/6645). Bldg. S-712

Drug Testing: Drug testing preserves the health of Soldiers by identifying alcohol and drug abusers in order to provide appropriate counseling, rehabilitation, or other medical treatment. Call 753- 7363 (050-3353-7363). ASAP Bldg. S-572.

Educational and Developmental Intervention Services (EDIS): Provides services to support families of children developmental delays, disabilities, or special learning needs. Families may be eligible for early intervention services if they have a child age birth to three years with a documented developmental delay or who has a diagnosed physical or mental condition which has a high probability of resulting in a developmental delay. Call 737-2627 (050-3337-2627) or 010-6312-0844 for EDIS on Camp Humphreys.

Employee Assistance Program: Services are available for employees who have substance abuse problems and are seeking help or have tested positive for illicit drug use. Call 753-7567 (050-3353-7567) for appointment. ASAP Bldg. 742.

Engraving and Printing: Key copy, ID-tag, plate and plaque engraving, trophies, frames, battalion coins and emblems, rubber stamps, business cards, invitations, and more. Mon-Sun 1000-1900: Call or email 031-653-7783; yiengraving2002@yahoo.co.kr. Sorak Mall Bldg. S-575 2F.

Experienced Riders Course: Refresher for experienced motorcycle/scooter riders. Six hour course. Call 753-5582 (050-3353-5582) or check website for schedule. Safety Bldg. S-484.

Food Handlers Certification Course: Food Handlers training is required before fundraising and other activities/events that serve food. Call the 154th Medical Detachment at 764-4618/4459 (050-3364-4618/4459) to schedule.

Functional Fitnss: Popular high intensity total body workout. Call The Fitness Annex at 753-5602. [Humphreys CrossFit](#); [Humphreys CrossFit on Facebook](#); [Humphreys Fitness Class Schedule](#); crossfit.com

Gas Station (Exchange): Gas, diesel, limited auto supplies. Open 0900-1900. Call 753-3065 (050-3353-3065, Bldg. S-205).

Girl Scouts Overseas: USA Girl Scouts Overseas serves thousands of girls who want to enjoy the same excitement, fun, and adventures as their stateside Girl Scout sisters. For girls 1st grade- 12th. Call 010-8694-4166. Email: humphreysgirlscouts@yahoo.com or go to [Camp Humphreys Girl Scouts on Facebook](#).

Hapkido Class: Korean Martial Art that emphasizes striking, kicking, joint manipulation, and pressure-point attacks. Mr. Kim Hakhyon at 010-5691-3985. \$65 per month. No experience necessary. Private lessons available.

Home School Support: Weekly classes & monthly support meetings to help home schooling families find support and assistance from the community. School Liaison Officer, 753-8601(050-3353-8601) or e-mail humphreyscleos@cysskorea.com. School Support Services, located in the Child Development Center. E-mail HumphreysHomeschoolGroup@yahoo.com. You can also visit a support site on [Facebook](#).

Housing Division: Point of contact for all housing related issues/concerns. Call 753-7358 (050-3353-7358). Located in Bldg. T-307 near the Education Center.

Immunization Clinic: Vaccinations against various diseases and illnesses for eligible patients. Call 737-5626 (050-3337-5626). Army Medical Clinic Bldg. 555.

Industrial Hygiene: Analyze, identify, and measure workplace hazards or stressors that can cause sickness, impaired health, or significant discomfort in workers through chemical, physical, ergonomic, or biological exposures. Indoor air quality assessment. Call Industrial Hygiene at 737-5700 (050-3337-5700) for appointment.

Institutional Ministry: Preserving Soldiers' fighting strength by maintaining their health and supporting family members. Institutional ministry occurs in hospital and confinement or correctional facilities. Contact your [Unit Ministry Team](#) or 754-7270 (050-3354-7270). Religious Support Office is located in Bldg. 1223, 2F.

Introduction to Weight Training: Tour the Fitness Annex, learn how to use the exercise equipment and receive instructions on proper technique for body weight movements.

Java Buzz Donut Drop: Monthly drawing at the USO for free coffee, tea, hot cocoa, and donuts delivered to your work area. Call 753-6281(050-3353-6281). Bldg. T-375.
[Camp Humphreys USO on Facebook.](#)

Korean Head Start Program: Sponsored by the City of Pyeongtaek and Gyeonggi Province, the program lasts for 3 days (Wednesday through Friday, 9 a.m. to 4 p.m.) every week except for University vacations and Korean Holidays. It features classes on Korean History, government, and Korea-U.S. Relations, local life and culture, etiquette and basic Korean language. Classes are delivered in English by University professors. Moreover, everyday attendees get free lunch and on the last day, weather permitting, enjoy a field trip to Korean Folk Village where they can experience Korea's living history and culture. This training program is mandatory for newly arriving Soldiers and authorized for Department of the Army civilians and family members to attend if space become available.

[Korean Railroad \(KORAIL\):](#) Train schedule information and ticket purchasing available on the website or Commercial Travel Office located in the One Stop, Bldg. S-554.

Laboratory Services: Collects blood, urine or other specimens for culture analysis or health testing as ordered by a health care provider. Non Tricare will be billed. Located in the Army Health Clinic, Bldg. 555. Labs must be ordered by a physician; however Labs drawn for physicals can be done on a walk-in basis.

[Library](#) (SFC Ray Duke Memorial Library): Books, magazines, newspapers, DVD movies, CDs, free book exchange, internet access, Wi-Fi. Call 753-8433(050-3353-8433), Bldg. S-301.

Lunch Box: Free lunch and socialize at the USO every 2nd and 4th Wed at 1130. Call the USO at 753-6281 (050-3353-6281). USO Bldg. T-375.

Marriage and Family Therapy: Counseling services for Individuals and couples in need of crisis intervention. Non Tricare will be billed. Call the Behavioral Health Clinic at 737-5668 for appointment. Located in the Army Medical Clinic, Bldg. 555.

Master Resiliency Training (MRT) for Family Members: Gain the knowledge, skills and strategies that will influence all areas of your life: Physical, Social, Emotional, Spiritual, and Family. Call ACS Mobilization & Deployment Readiness Program at 753-7439 for training schedule: Army Community Service Building (ACS) 311.

[Medical Appointment Line](#): Schedule same day routine appointments with your Primary Care Manager or Health Care Provider. Soldiers have priority; however space available appointments are available to Civilian ID card holders. Non-Tricare patients

will be billed for medical services. Call 737-2273 (CARE) or from a cell 050-3337-2273. Mon-Fri from 0800-1800. Press 2 for "TMC", press 3 for "Camp Humphreys" and press 1 for the "Central Appointment Desk" to schedule your same day appointment. The Army Health Clinic is located in Bldg. 555. Additional information including Call Tree for Appointments can be found at:
<http://www.korea.amedd.army.mil/Appointment.html>

Military and Family Life Consultants: Confidential, non-medical short-term situational problem solving counseling for Soldiers and their families. 2CAB members call 010-8690-4138. All others call 010-8691-9949.

Military Car Sales: Exclusive car buying program (Military Advantage) for those serving overseas. Harley Davidson, Chrysler, Dodge, Jeep, Ford, Lincoln vehicle sales featuring military discounts, rebates, and added consumer protection. Open Mon-Sat 0900-1800; Sun 1000-1700. Call 753-7713 (050-3353-7713); Located in back of the Main Exchange, Bldg. S-400.

Military Sports Bike Riders Course: This 8 hour course complements the Experienced Riders Course with emphasis on self-assessment, risk management, riding behavior, riding strategies, and overall skill development in braking, cornering, and swerving. Active duty soldiers with approval from chain of command. Call Safety at 753-5589 (050-3353-5589) or check website for schedule. Bldg. S-484.

Motorcycle Safety Training: This 2 day course covers the fundamentals of how to ride a motorcycle and basics of motorcycle safety. Active duty soldiers with approval from chain of command. Classroom- 5 hours; Riding exercises -10 hours. Call Safety at 753-5586 (050-3353-5586) or check website for schedule. Safety Bldg. S-484.

Navy Federal Credit Union: Banking services including loans, checking & savings accounts, currency exchange, ATM banking, credit cards, CDs, IRA, investments, insurance, trust services. Open Mon-Fri 0900-1600; 753-6203 (050-3353-6203) or 011-82-31-690-6203. Located in Bldg. S-118.

Notes from the Garrison: Schedule of Camp Humphreys upcoming events, programs, and services provided via weekday e-mails. Command Information Officer: 754-6132 (050-3354-6132) located in Bldg S-1280.

Nurse Case Manager: Coordinates care for patients requiring medical services by local Korean Hospitals. Located in the Army Health Clinic, Bldg. 555. 737-5723 (050-3337-5723).

Nutrition Individual Appointments: One on one appointment with the dietitian for a variety of nutrition-related conditions. Call 737-5780 to schedule.

Occupational Health: Provides job-related physicals/screenings. Vision and hearing conservation, respiratory protection, mission essential medical exams, in processing, ergonomics. Call 737-5665 (050-3337-5665) to schedule an appointment. Located in the Army Health Clinic, Bldg 555.

Optometry/Eye Care: Vision testing, treatment of eye conditions, corrective eyewear. Call 737-5744 (050-3337-5744) for appointments. The Optometry Clinic is located in Bldg. 576. Non-Tricare will be billed.

Osan American High School: Dept. of Defense education for authorized children in the overseas area. High School age dependents of Command-sponsored Soldiers and qualified civilians. Call 784-9076 (050-3384-9076). Office is open Mon-Fri 0700-1600.

Patient Representative: Coordinate communication between patients, family members, medical staff, administrative staff, or regulatory agencies. Interview patients or their representatives to identify problems relating to care. Maintain knowledge of community services and resources available to patients. 737-5676

Pack N Wrap: Prepare goods for shipping by FedEx or US Postal Service. Open Mon-Fri 0900-1800, Sat 0900-1700. Call 017-715-2114. Located in Bldg S-118.

Pharmacy: Pharmacy dispenses medication and refills as prescribed by your primary care manager or other health care providers including those from MOU hospitals. Over the counter medication without prescription available! Non Tricare will be billed. Located in the Army Medical Clinic Bldg 555.

Photo Shop : Professional photographs, portraits, passport photos. Open Mon-Sun 1000-1900. Mr. Kang0sok YI; 070-4105-8547; Call 010-5340-9727. Located in Bldg T-375 next to the USO.

Physical Therapy: Outpatient physical therapy, classes include Knee, Lumbar Stabilization, and Aqua Rehab. Priority to active duty, limited available for dependents, civilians. Must be referred by your Primary Care Manager. Non Tricare will be billed. Located in Bldg 370 2F, across from the Army Health Clinic.

Post Office: Shipping and mailing packages and letters. Open Mon-Fri 0930-1700; Sat 0900-1400. Call 753-7554 (050-3353-7554). Located in Bldg- S-118.

Pregnancy Post-Partum Physical Training Program (PPPT): Mandatory exercise and education program for pregnant/post-partum soldiers led by certified instructors at

the Super Gym. One hour class on Mon-Wed-Fri at 0630-0730. Education sessions are held on Thursdays at 0800 in the Talon Café DFAC private dining room. The Super Gym is located in Bldg S-1949.

Public Health Nurse: Sexually Transmitted Infections/Diseases Screening and Follow-up, Latent TB follow-up care, Child Youth Services and School Health Consultants. General health education. Non Tricare will be billed. Call the Public Health Nurse at 737-5678 (050-3337-5678) to schedule an appointment. Located in the Army Medical Clinic, Bldg 555.

Radiology Dept.: Routine x-rays taken on-site as ordered by a health care provider. Non Tricare will be billed Walk-in; Mon-Fri 0800-1700. Located in the Army Medical Clinic Bldg 555.

Relay Health: E-mail your medical provider with secure messaging, schedule medical appointments, check lab results, request medication refills, access your personal health information, and create your own personal health record. Avoid the hassle of calling for a medical appointment and Register [on-line](#) or at the Humphreys Health Clinic.

Rock Climbing (Indoor): Learn the rating system, belaying, knots, basic equipment, basic climbing techniques, and safety. One hour class every Wed at 1800-1900. Call Mr. Hak-hun Kim 754-8083/ 8084 (050-3354-8083/8084). Located at the Zoeckler Station Gym.

Run to AK Plaza: Monthly noncompetitive 5.3 mile run from the Pedestrian Gate to AK Plaza. Bring Korean Won for snacks and return bus fare. Call Health Promotion at 737-5677 (050-3337-5677) for schedule.

School Liaison Officer: The School Liaison Officer is the primary resource on school related issues on the installation and in the local school districts. Call 753- 8069 (050-3353-8069).

Sleep Workshop: Every Tues. from 1100-1200 in the Education Center. This 4 session workshop is available for patients who are having difficulties with sleep. Facilitated by the Internal Behavioral Health Consultant. Register at the Army Health Clinic Patient Administration Desk or call the appointment line 737-2273 (050-3337-2273).

Smart Start Transportation Class: Learn how to use Korean public transportation. 1ST Thursday of every month. Call 753-8318 (050-3353-8318).

Social Work Services: Assessment and treatment for victims and offenders of domestic violence Behavioral Health Clinic/Social Work Services. Call 737-5688 (050-

3337-5688). Located in Bldg 370 2F directly across from the Humphreys Health Clinic, Bldg. 555.

Soldier Leader Risk Assessment Tool-Korea: Risk Assessment tool designed to assist Unit Commanders in identifying Soldiers who may be at risk. Call Health Promotion at 737-5677(050-3337-5677) located in the Army Health Clinic Bldg 555 or email david.h.elger.civ@mail.mil.

Telephone Alert System: When activated, it will call you directly to inform you of changes to road conditions, delays or closures of Humphreys American Schools and Child Development Center Soldiers. Call 754-6879 (050-3354-6879), 754-3731(050-3354-6879) or email peter.c.park.civ@mail.mil, jason.d.best.civ@mail.mil.

Thrift Shop (Painted Door) Humphreys United Club: Used clothing, household goods, and other donated items for sale at discounted prices with proceeds returned to the Humphreys community. Open Tues, Thurs, Sat 1000-1400. Call 753-7014 (010-3353-7014). Located in Bldg.550.

Tobacco Cessation: Strategies for successfully quitting tobacco including behavioral support and quit plan options using medication. Call Health Promotion at 737-5677 (050-3337-5677) for class schedule or appointment.

Transition Support: To help ease the transfer of school-aged children between schools. Call the School Liaison Officer at 753-8601(050-3353-8601). Located in the Child Development Center (CDC), Bldg. 693.

Travel Clinic: Review and update immunization requirements and receive education on preventing illness and injury while traveling to a foreign country. Contact the Public Health Nurse at 737-5678 (050-3337-5678) to schedule an appointment (recommended 6-8 weeks prior to travel). For active duty and civilians age 18 and older. Located in the Army Health Clinic, Bldg. 555.

Tricare: World-wide DoD health care program available to active duty, retirees, and eligible family members. Camp Humphreys 737-2780 (050-3337-2780) ; Located in Bldg. 576. 121 Hospital: 736-7236 (050-3336-7236).

Tricare Courtesy Van: Transportation to Dankook Host Nation Hospital for routine health care appointments. Available to active duty Soldiers, retirees, and eligible family members. Departs 0815, returns 1200. Departs 1230, returns 1630. The Tricare Office phone number is 737-2780 (050-3337-2780), located in the Army Medical Clinic Bldg. 555.

Tricare Online: Access appointments, prescription refill, review medical history and other health care information.

Troops for Trash: 4th Sat of every month, 1000-1600. Korean/American Relations Community Project. Meet at the Humphreys Pedestrian Gate at 0945. Five mile, 6 hour hike and trash pick-up. Volunteer hours recorded. Free snack by Korean American Partnership Association (KAPA). Contact Jim Dunnet at 010-6285-9966 or email jamesd940@gmail.com. Osan 2nd Sat of every month 0930-1500, Main Gate. Call Yi In Won at 010-3719-7283.

Unit Prevention Leader Certification: Army Substance Abuse Program (ASAP). Training to receive certification as a Unit Prevention Leader. For Soldiers E-5 and above. 40 hour course. Call 753-7363 (050-3353-7363) for schedule. ASAP is located in Bldg. S-572

Unit Wellness Training: Wellness briefs on a variety of health related topics. Units, groups, private organizations, or other approved requests. 30 min to 60 min. Call Health Promotion at 737-5677 (050-3337-5677) to schedule. Health Promotion is located in the Army Health Clinic, Bldg 555.

United Through Reading: Read and record a book to send to your children. Free. Call the USO at 753-6281 to schedule an appointment. The USO is located in Bldg T-375 near the Commissary and PX.

Veterinary Clinic (24 hour emergency): KN Vet Clinic is conveniently located directly across from the Humphreys Pedestrian Gate. Call 031-692-7114.

Volunteer Management: Provides ongoing training to community volunteers to enhance their professional development. Also Volunteer Organization Point of Contact (VOPC) training. Coordinated by the Army Volunteer Coordinator & Volunteer Agencies. Call Army Volunteer Corps at 753-3266 (050-3353-3266) for training schedule. Located in the Army Community Service (ACS) Bldg. 311.

Volunteer Recognition: Coordination of community volunteer recognition ceremonies (Volunteers of the Quarter, Volunteers of the Year, etc. Call ACS Army Volunteer Corps (AVC) for individual appointment 753-3266 (050-3353-3266).

Volunteer Program, Better Opportunity For Single Soldiers (BOSS): Offers a variety of volunteer opportunities in and around Camp Humphreys. Single, unaccompanied Soldiers. Call 753-8970 (050-3353-8970). Located in the Community Activity Center, Bldg: S-110.

Weight Loss: ArmyMOVE class for Soldiers who need to lose weight. Fulfills Army Weight Control Nutrition counseling requirement. This is a 1.5 hour class conducted by a registered dietician. Class schedules are available at the Humphreys Health Clinic. No appointment required. Call 737-5780. Civilians are welcome to attend.

Well Baby Appointments: Age appropriate physical exam for children of all ages. 3-5 days old, 1-2 weeks, 2,4,6,9, 12, 18 months, 2 years, then annually. Non Tricare will be billed. Call the Appointment line at 737-2273 (050-3337-2273). Located in the Army Health Clinic, Bldg. 555.

Women, Infants, and Children (WIC): Overseas Program Nutrition Education, Counseling, and financial aid. Nutrition education for WIC qualified families with focus on maintaining optimal health for mother and infant. Qualified mothers who are pregnant, breast feeding or have infants or children less than 5 years. Call for appointment at 753-6909/6106 (050-3353-6909/6106). Women, Infants, & Children (WIC) is located in Bldg. 577.

Worksite Ergonomics: Safety Assessment and redesign of the workplace in order to reduce or eliminate the risk of repetitive strain injury. Call to schedule: Industrial Hygiene at 737-5700 (050-3337-5700) or Health Promotion 737-5677 (050-3337-5677).